

February 2022

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Info you need to know...

Income Tax: If your only source of income is Social Security, you don't need to file. Use this simple [IRS tool](#) to see if you do need to file. For those with a simple return you can get free expert help from [TurboTax](#), [H&R Block](#), [IRS.gov](#) or call 211 (option 3 then 8) or online at [InfoLine](#) to schedule an appointment with a VITA volunteer who will be housed locally at the Counseling Center.

Homeowners Tax Relief: CT Homeowners age 65+ with a 2021 adjusted gross income + Social Security (box 5) less than \$46,000 (married), \$38,000 (single) can get a \$150-\$1250 tax credit. In addition you might also qualify for a local benefit, veterans benefit, or totally disabled benefit. You must file an application (w/proof of income) Feb 1-May 15 at the Tax Assessor's office. Call 203-488-2039 for info.

Cutting the Cable Cord: Missed it? Here's the link to watch it: [Cutting the Cord](#) or click here for the [presentation slides](#).

Test Kits & Masks are available at Canoe Brook for those who have not already received them. Call 203-315-0687.

Transportation Update

Great news! Two new busses we ordered in January 2021 will be on the road February 14 along with our medical cars. All new passengers must participate in a safety evaluation prior to booking a ride. Safety protocols remain in place; masks are required, seating is limited, vehicle surfaces are wiped down daily. Call Blair to book a ride 203.315.0681.



Tap Dancing!

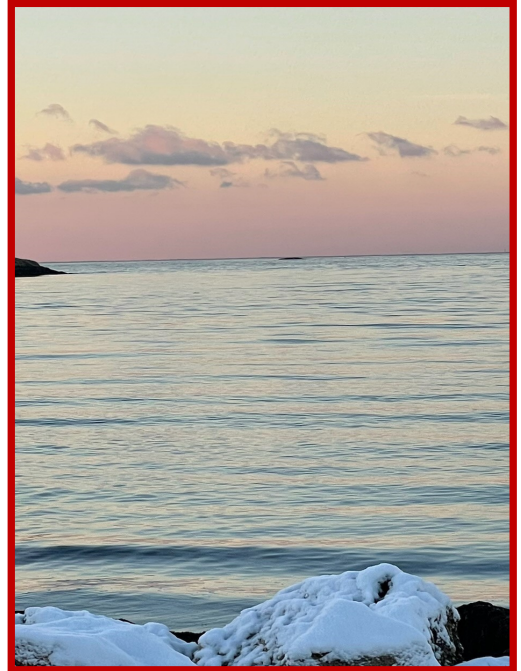
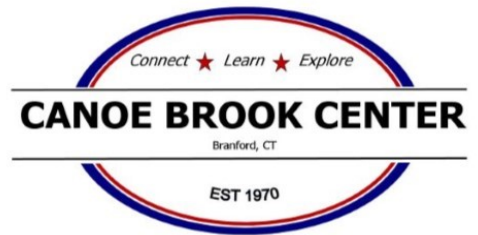
Fridays, beginning March 4, 10-11 AM
Canoe Brook Fitness Room



Mardyann Goglia brings back this popular class in time for spring shape-up! **Tap Dance Benefits:** strength, conditioning, flexibility, coordination, balance, memory; and it's a blast!! Tap shoes are required. Fitness fee of \$24 applies, sign up soon as spots are limited. Call Nancy for more info.

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Branford Point Photo by Nancy

Director:

Dagmar 203-315-0683
dridgway@branford-ct.gov

Assistant Director:

Marlowe 203-315-0682
mioime@branford-ct.gov

Activities:

Nancy 203-315-0684
ncohen@branford-ct.gov

Program Assistant:

Megan 203-315-0687
mcunningham@branford-ct.gov

Transportation Coordinator:

Blair 203-315-0681
bmckenna@branford-ct.gov

Visit our website:

[Canoe Brook Center](#)

Like us on Facebook:

[Facebook.com/canoebrookcenter](https://www.facebook.com/canoebrookcenter)

Upcoming Events

Pre-register for all events w/Nancy: ncohen@branford-ct.gov or 203-315-0684

Senior Learning Network Programs

Tuesdays, 2 PM, Canoe Brook Center (Feb. 1 & 8 via Zoom)

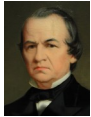
Prefer to watch from home? Limited Zoom links are available for home viewing. Call Megan: 203.315.0687.



Feb. 1: Ulysses S. Grant Nat'l Historic Site—America celebrates the 200th birthday of this Civil War General and two-term President. Uncover the complexities of this extraordinary man.



Feb. 8: Nat'l Portrait Gallery, Presidential Portraits—In honor of Presidents' Month, we will virtually tour the Portrait Gallery and explore the legacies of past and current leaders who have shaped our country.



Feb. 15: Andrew Johnson Nat'l Historic Site—Learn about our 17th President, who assumed office upon the assassination of Abraham Lincoln as we visit this Greeneville, Tennessee site.



Feb. 22: Agate Fossil Beds Nat'l Monument—An Education Ranger leads a tour of the plains of Nebraska where now-extinct mammals roamed the earth 26 million years ago. Learn about the evolutionary factors that went into their extinction.



Candles for New Years

Wednesday, February 2, 10 AM

Contact Nancy for the Zoom link.

This documentary follows the Lahu community in Thailand, and illuminates the significance of their elaborate and meaningful preparations for the Chinese New Year celebration.



Go **RED** For Women on Zoom Friday, February 4, 11 AM

National Wear **RED** Day in honor of
American Heart Month: *Life is Why*

View: "Just a Little Heart Attack" starring Emmy-nominated actress Elizabeth Banks and Podcast #1 Red Talk with Dr. Mary Ann Bauman - "Covid and Heart Disease"

Dental Hygiene Students from UNH to speak via Zoom

Friday, February 11, 11 AM



Talking Points:

- What to expect when going to the dentist during a pandemic
- Brushing and flossing techniques
- Nutrition
- Gingivitis vs. periodontal disease
- Oral side effects of medications
- Effects of systemic diseases on oral cavity, and your overall health
- Denture tips and dental products

First 12 people to sign-up will get a goodie bag!

BOOK CLUB TO MEET ON ZOOM



TUESDAY, FEBRUARY 8, 1:30 PM

"These Ghosts Are Family" by Maisy Card reveals the ways in which a Jamaican family forms &



Genealogy

Monday, February 14, 1 PM

Learn how to use Roots Tech, the largest Genealogy Conference in the world! Access its content, register to view previous year's sessions, keep updated on new content; over 1500 sessions taught by experts available! 100% free! Sign up by Fri. Feb. 11.

Ukulele Lessons with Kevin Ryan

Wednesdays - March 2 - April 20

1:30 - 2:30 PM



Playing the ukulele is fun and easy to pick up. Learn to play a song in one lesson! No experience needed. Sign up by 2/1. Activity Fee: **\$15**

Out and About

Pre-register for all outings w/Nancy
ncohen@branford-ct.gov or 203-315-0684



Pisgah Brook Preserve

Tuesday, February 15, 1-2:30 PM

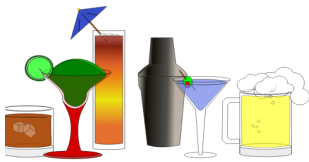
Meet Nancy on Laurel Hill Road off Brushy Plain Road, and park opposite the start of the trail. This steep trap rock ridge offers stunning views from some of the highest points in Branford. (Snow date 2/18)



Stony Creek Partnership & Washburn

Tuesday, February 22, 1-2:30 PM

Find it: from the center of Stony Creek (the beach & church), take Thimble Islands Road south 1/2 mile to 2nd entrance, Wallace Road. Park on Thimble Island Rd, walk onto Wallace Rd, but immediately bear right onto a paved private road. After a few hundred yards, follow the first driveway on the left and you will see the trail entrance on the right. (Snow date 2/15)



Happy Hour at Allegra's Café

249 W Main Street, Branford

Tuesday, February 22, 4-6 PM

Allegra's is a wonderful place to gather, have great food and good fun! Meet new and old friends. Limited seating. Individual checks will be provided.



Hammonasset Beach State Park

Tuesday, March 15, 1-2:30 PM

Meet Nancy at the parking lot by Meig's Point Nature Center. We'll walk the Moraine Trail that leads to "**Shell Beach**", then follow the Labyrinth Walk. Enjoy interesting vistas, tide pools & glacial rocks. At the end of the trail there are magnificent views of the mouth of the Hammonasset River and LI Sound.

Shopping Opportunities



Walmart: Wednesday, February 23, 9:30 AM

TJ Maxx: Wednesday, March 9, 9:30 AM

In addition to our weekly grocery shopping, we offer mini trips to area shopping centers. Time is given for you to shop at a leisurely pace. Space is limited for these trips. Contact Blair at 203.315.0681 or bmckenna@branford-ct.gov.

Note: A brief safety evaluation must be completed within the last year before using our transportation services; call Blair.

Programs

Pre-register for all programs w/Nancy: ncohen@branford-ct.gov 203-315-0684



“Ask the Nurse” from VNA Community Healthcare

Wednesday, March 9, 12-1 PM

Call Nancy to schedule your **free** in person appointment (10-15 minutes)

- * Check your blood pressure
- * Assess your overall health and work with you to set goals

Ask about the Self-Monitoring Blood Pressure Program to aid in reducing high blood pressure.

“Documentary Mondays”, 10 AM

February 7 - “Soul Food Junkies - A Film About Family, Food & Tradition” by award-winning filmmaker Byron Hurt. (Contact Nancy for this documentary’s link.)

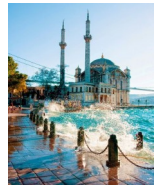
February 28 - “All by Myself - The Eartha Kitt Story” - An eye opening account of her life.



“Armchair Travel” featuring Alpha Coiro on her trip to Turkey

Friday, February 18, 11 AM

Admire the exotic sights & ancient history of Istanbul, Troy, Pergamon, Cappadocia and more!



“Netflix Fridays” 1-3 PM



February 18 - “The Last Letter From Your Lover” is a British romantic drama set in two time periods: a 1960’s housewife & a modern day journalist are bonded by a letter that changes their lives.



February 25 - “My Octopus Teacher” Filmmaker Craig Foster spends a year forging a relationship with a wild octopus in a South African kelp forest in this stunning Academy Award winner. A fascinating must see, watch the trailer here: [My Octopus Teacher Trailer](#)

Tech Help by appointment with Christina Kondziela

Thursday, February 24, 2-4 PM



Need help with your laptop, iPhone/Smartphone or iPad/tablet? Bring your fully-charged device and have your tech questions answered here at the Center by Christina and her team. Register for your 15-minute appointment in advance with Nancy. *Limited spots available.* Sign up by 2/22.



Genealogy for Beginners Monday, February 28, 1 PM

Search for information about your ancestors, learn the types of records that are available to you via on-line sites, many of which are free. Sign up by 2/24.



Finding Balance and Positivity in Turbulent Times Friday, February 25, 10:30 AM

Sometimes the pieces of life do not seem to fit together. The staff of East Shore District Health Department offers tips and tools to help you navigate life’s challenges. Join us in discussing ways to create and keep a more positive outlook. Learn to protect your physical and mental health. Sign up by 2/23.

ACTIVITIES - WEEK AT-A-GLANCE

**Pre-register for ALL activities w/Nancy
ncohen@branford-ct.gov or 203.315.0684**

Monday 1/31	8:15 AM - AEROBICS 12:30 PM - BINGO
Tuesday 2/1	9:00 AM - BEGINNER AND INTRODUCTORY YOGA 12:30 PM - DISCUSSION GROUP 2:00 PM - SLN: ULYSSES S. GRANT NATIONAL HISTORIC SITE 2:30 PM - BEGINNER TAI CHI
Wednesday 2/2	8:15 AM - AEROBICS 10:00 AM - <i>CANDLES FOR NEW YEARS</i>
Thursday 2/3	9:00 AM - INTERMEDIATE AND ADVANCED YOGA 9:00 AM - FITNESS WALKING INDOORS W/NANCY ON ZOOM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 2/4	8:15 AM - AEROBICS 11:00 AM - GO RED FOR WOMEN (VIDEO & PODCAST)
Monday 2/7	8:15 AM - AEROBICS 10:30 AM - <i>"SOUL FOOD JUNKIES: ABOUT FAMILY, FOOD & TRADITIONS"</i> 12:30 PM - BINGO
Tuesday 2/8	9:00 AM - BEGINNER AND INTRODUCTORY YOGA 12:30 PM - DISCUSSION GROUP 1:30 PM - READERS CHOICE BOOK CLUB 2:00 PM - SLN: NAT'L PORTRAIT GALLERY: PRESIDENTIAL PORTRAITS 2:30 PM - BEGINNER TAI CHI
Wednesday 2/9	8:15 AM - AEROBICS 11:00 AM - WRITERS CORNER 1:00 PM - COLORING ART (ON HOLD; BEGINS NEXT WEEK)
Thursday 2/10	9:00 AM - INTERMEDIATE AND ADVANCED YOGA 9:00 AM - FITNESS WALKING INDOORS W/NANCY ON ZOOM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 2/11	8:15 AM - AEROBICS 11:00 AM - DENTAL HYGIENE STUDENTS FROM UNH TO SPEAK (via Zoom)

ACTIVITIES- WEEK AT-A-GLANCE

Pre-register for ALL activities w/Nancy
ncohen@branford-ct.gov or 203.315.0684

Call Megan to reserve a table for cards, games, pool, shuffleboard, 8:30-4:00

Monday 2/14	8:15 AM - AEROBICS 12:30 PM - BINGO 1:00 PM - GENEALOGY: USING ROOTS TECH 1:00 PM - PICKLEBALL FOR BEGINNERS (EVERY MONDAY)
Tuesday 2/15	9:00 AM - BEGINNER AND INTRODUCTORY YOGA 12:30 PM - DISCUSSION GROUP 1:00 PM - TRIP : PISGAH BROOK PRESERVE 2:00 PM - SLN: ANDREW JACKSON NATIONAL HISTORIC SITE 2:30 PM - BEGINNER TAI CHI
Wednesday 2/16	8:15 AM - AEROBICS 1:00 PM - COLORING ART
Thursday 2/17	9:00 AM - INTERMEDIATE AND ADVANCED YOGA 9:00 AM - FITNESS WALKING W/NANCY IN THE JOE TRAPASSO GYMNASIUM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:30 PM - ADVANCED TAI CHI CLASS
Friday 2/18	8:15 AM - AEROBICS 11:00 AM - ARMCHAIR TRAVEL WITH ALPHA COIRO: DESTINATION TURKEY 1:00 PM - "THE LAST LETTER FROM YOUR LOVER"
Monday 2/21	 CLOSED: PRESIDENTS' DAY 
Tuesday 2/22	9:00 AM - BEGINNER AND INTRODUCTORY YOGA 12:30 PM - DISCUSSION GROUP 1:00 PM - TRIP : STONY CREEK PARTNERSHIP AND WASHBURN 2:00 PM - SLN: AGATE FOSSIL BEDS NATIONAL MONUMENT (NE) 2:30 PM - BEGINNER TAI CHI 4:00 PM - TRIP : HAPPY HOUR AT ALLEGRA'S CAFÉ
Wednesday 2/23	8:15 AM - AEROBICS 9:30 AM - TRIP : WALMART 11:00 AM - WRITERS CORNER 1:00 PM - COLORING ART
Thursday 2/24	9:00 AM - INTERMEDIATE AND ADVANCED YOGA 9:00 AM - FITNESS WALKING W/NANCY IN THE JOE TRAPASSO GYMNASIUM 10:00 AM - HOOK 'N NEEDLE 1:00 PM - WATERCOLOR CLASS 2:00 PM - TECH HELP BY APPOINTMENT 2:30 PM - ADVANCED TAI CHI
Friday 2/25	8:15 AM - AEROBICS 10:30 AM - FINDING BALANCE AND POSITIVITY IN TURBULENT TIMES 1:00 PM - FILM: "MY OCOTOPUS TEACHER"
Monday 2/28	8:15 AM - AEROBICS 10:00 AM - "ALL BY MYSELF: THE EARTHA KITT STORY" 12:30 PM - BINGO 1:00 PM - PICKLEBALL FOR BEGINNERS 1:00 PM - GENEALOGY FOR BEGINNERS